

Individual Best Times (All Time)

Harrison Dale - (1469123) - Southport SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.45	29.80	323	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
100 Freestyle	1:05.96	1:04.70	358	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
200 Freestyle	2:20.12	2:17.60	385	10/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
400 Freestyle	4:55.47	4:50.70	413	27/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
100 Breaststroke	1:33.88	1:32.50	222	04/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
200 Breaststroke	3:21.10	3:18.50	242	28/01/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230071	1
50 Butterfly	35.65	35.10	243	05/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
100 Butterfly	1:20.37	1:19.40	232	28/01/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230071	1
50 Backstroke	33.43	32.80	349	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
100 Backstroke	1:09.84	1:08.70	403	28/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
200 Backstroke	2:28.05	2:25.80	432	05/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
200 Individual Medley	2:36.14	2:33.60	389	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
400 Individual Medley	5:38.87	5:33.60	366	30/03/24	Liverpool National Qualifier Meet 2024	Liverpool	NW240301	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.84	30.50	308	07/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
100 Freestyle	1:04.83	1:06.10	330	19/11/23	City of Bradford SC Winter Short Course Meet 2023	Leeds	NE230911	3
200 Freestyle	2:17.90	2:20.40	374	06/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
400 Freestyle	4:50.68	4:55.50	389	19/11/23	City of Bradford SC Winter Short Course Meet 2023	Leeds	NE230911	3
800 Freestyle	10:00.20	10:09.80	403	16/11/23	Southport SC Club Championships 2023	Dunes LC	NW232389	4
50 Breaststroke	42.40	43.10	203	05/03/23	Bobcats 'Racing for Regionals' Meet 2023	Darwen	NW230392	3
100 Breaststroke	1:30.47	1:31.90	228	17/11/22	Southport SC Club Championships	Dunes Leisure Centre	NW221960	4
200 Breaststroke	3:06.50	3:09.30	267	10/11/22	Southport SC Club Championships	Dunes Leisure Centre	NW221957	4
50 Butterfly	35.09	35.60	238	19/11/23	City of Bradford SC Winter Short Course Meet 2023	Leeds	NE230911	3
100 Butterfly	1:19.72	1:20.70	215	04/12/22	Preston SC Christmas Countdown Meet 2022	Darwen	NW222185	4
50 Backstroke	33.57	34.20	285	09/11/23	Southport SC Club Championships 2023	Dunes LC	NW232388	4
100 Backstroke	1:09.60	1:10.70	334	14/11/23	Southport SC Club Championships 2023	Dunes LC	NW232389	4
200 Backstroke	2:28.63	2:30.90	358	07/11/23	Southport SC Club Championships 2023	Dunes LC	NW232388	4
200 Individual Medley	2:38.24	2:40.70	332	18/11/23	City of Bradford SC Winter Short Course Meet 2023	Leeds	NE230911	3
400 Individual Medley	5:37.79	5:43.00	335	06/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
100 Individual Medley	1:17.79	1:17.80	254	25/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3